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HF3419

Question?
Contact
Philips

User manual

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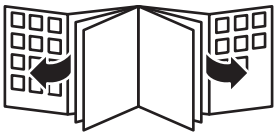

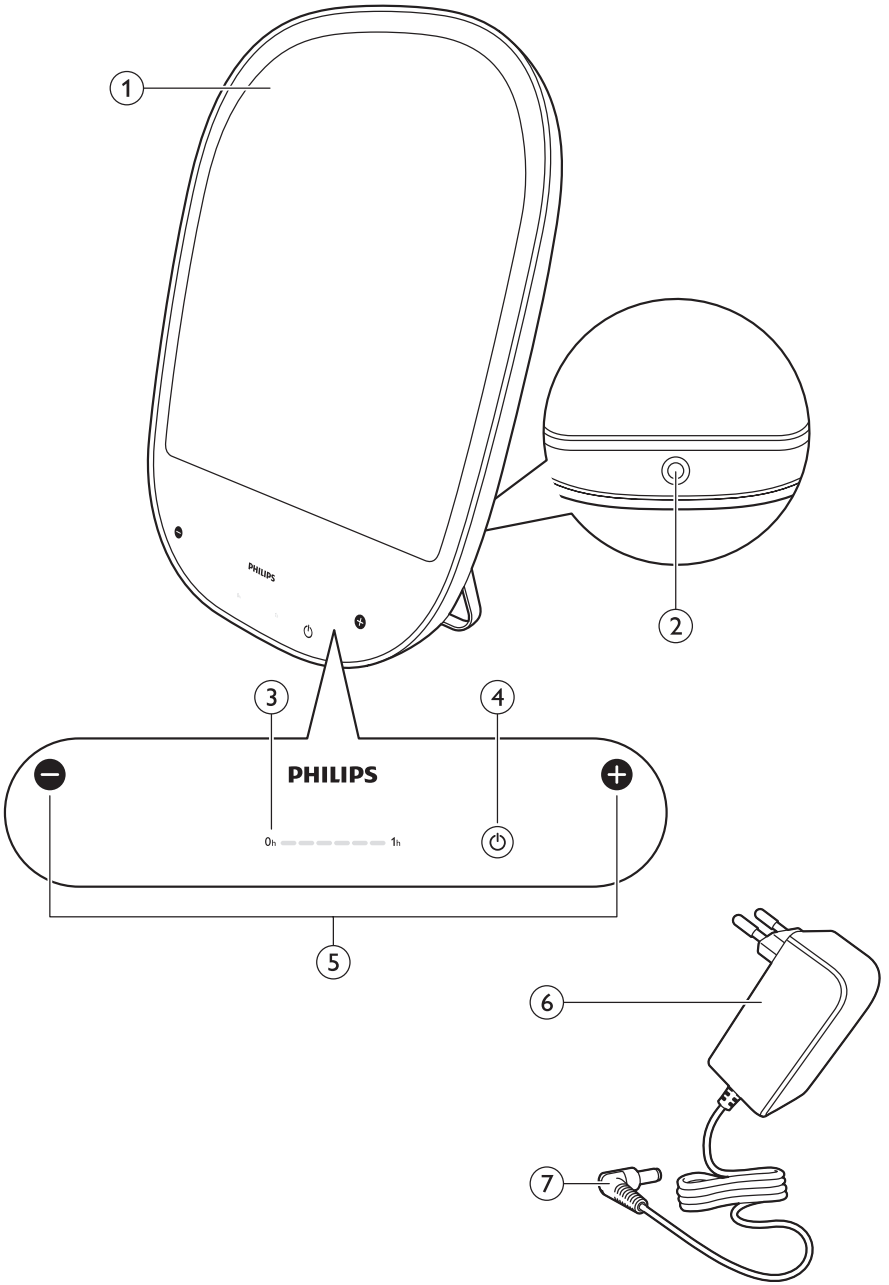
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Introduction

Congratulations on your purchase and welcome to Philips! To benefit fully from the support that Philips offers, register your product at **www.philips.com/welcome**.
Read this user manual carefully before using this Philips energy light.

Intended use

Philips EnergyUp is intended to make people feel more energetic, to adjust circadian rhythms and to provide relief from the winter blues. Medical intended use of this appliance is to treat winter depression or SAD (seasonal affective disorder). Treatment of SAD must always take place under medical supervision.

Light - a natural energiser

Today's busy modern lifestyles demand peak performance all day long. Even the fittest person suffers energy dips, particularly when deprived of natural daylight, such as in an office in winter. Daylight is essential to well-being, keeping fit and feeling energised throughout the day – just like healthy nutrition and regular exercise. Philips EnergyUp mimics the natural energising power of daylight on a bright sunny day. It stimulates special receptors in the eye to trigger the body's natural response to sunlight. This helps you to fight energy dips, to feel more energetic, active and alert, and to improve your mood.

Circadian rhythms and sleep patterns

The human body uses light cues, such as those provided by the sun, to time certain internal functions. Properly timed rhythms regulate energy, mood, sleep, appetite and digestion. These daily internal cycles, called circadian rhythms, sometimes fall out of sync with nature, which can have impact on our well-being. Nature's cues no longer govern our modern lifestyle. Our day no longer starts at sunrise and ends at sunset, working days are getting longer, and many people work in shifts. Moreover, our activities often extend well into the night. Many people tend to get too little sleep during the week, which diminishes their energy levels during the day. Using Philips EnergyUp at the right time of day can help you establish and reinforce regular sleep patterns.

Light via eyes

Research shows that bright light via the eyes influences the regulation of our energy level, mood and sleep/wake cycle. Indoor spaces generally do not provide enough light intensity. This appliance helps you to be at your best by delivering high quality intense light whenever and wherever you need it.

Winter blues

Lack of light during the darker winter months causes many people to experience a noticeable drop in energy level and low spirits as autumn sets in. These symptoms, known as 'winter blues', may cause you to feel low, listless and fatigued for weeks or even months. This affects both personal performance and mood. Bright light therapy is a successful method to fight these winter blues symptoms. It provides your body with summer vitality throughout the dark winter months.

General description (Fig. 1)

1 Light panel
2 Socket for small plug
3 Time indicator bar
4 On/off button
5 Intensity increase and decrease buttons
6 Adapter HF24
7 Small plug

Important

Read this user manual carefully and always adhere to the treatment instructions.

Contraindications

The following conditions may be contraindications for use of this appliance:
- bipolar disorder
- recent eye surgery or a diagnosed eye condition for which your doctor advised you to avoid bright light
- use of photo-sensitising medications (e.g. certain antidepressants, psychotropic drugs or malaria tablets)

If any of the above conditions apply to you, always consult your doctor before you start using the appliance.

Possible reactions

Possible adverse reactions to light from this appliance are relatively mild and of a transient nature. They may include:
- Headache
- Eyestrain
- Nausea

Measures to avoid, minimise or alleviate these adverse reactions:
- Always use the appliance in a well-lit room.
- Reduce the light intensity if these reactions occur.
- Stop using the appliance for a few days to make the reactions disappear and then try again.

Important safety information

Danger

- Keep the appliance and the adapter dry and away from water. Do not place or store it over or near water contained in a bathtub, washbasin, sink etc. Do not immerse it in water or any other liquid. This may affect the safety of the appliance.
- The adapter contains a transformer. Do not cut off the adapter to replace it with another plug, as this causes a hazardous situation.
- Never use the adapter if it is damaged in any way. Always have the adapter replaced with one of the original type in order to avoid a hazard.

Warning

- If you suffer from depression, consult your doctor before you start using this appliance.
- Do not use the appliance in a room where there is no other light source, as this may cause eyestrain. Use the light of this appliance as an addition to the normal light (sunlight, electric light) in your home.
- Do not look straight into the light too long, as this may be uncomfortable to your eyes.
- Do not use the appliance where its light may hinder you or other people during the performance of essential tasks such as driving or operating heavy equipment.
- Avoid pinching your fingers between the appliance and the stand while operating the stand.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Only use the appliance with the adapter supplied.
- Do not modify the appliance and its accessories.
- Stop using the appliance if it is damaged in any way. Do not look directly at uncovered LEDs, as their light is very bright. If repair is needed, consult chapter 'Guarantee and support' for information.
- Never open the appliance to prevent electric shock, finger burns or temporary black spots in the eye.

- Do not use the appliance in the presence of flammable anaesthetic mixtures with air, oxygen or nitrous oxide.

Caution

- Do not use the appliance outdoors or near heated surfaces or heat sources.
- Use the appliance in vertical position with the stand in place. Do not use it in horizontal position without the stand or cover it, as this might cause the appliance to overheat.
- Do not place heavy objects on the appliance, the adapter or the cord.
- When you unplug the appliance, grasp the adapter directly to avoid damaging the cord. Never pull on the cord to remove the adapter from the wall socket.
- If you want to hang the appliance on a wall, use two suitable hooks on either side of the stand to ensure stability while using the appliance and to prevent the appliance from falling off the wall.

Safety and compliance

- This Philips appliance complies with all applicable standards and regulations regarding exposure to electromagnetic fields.
- This is a Class IIa medical appliance. It meets the requirements of Medical Device Directive MDD 93/42/EEC and 2007/47/EC for medical appliances.
- This is not a general illumination product.

Electromagnetic compatibility (EMC)

Portable and mobile radio frequency communication equipment, such as mobile phones, cordless telephones and their base stations, walkie-talkies, and wireless home network devices (routers), can affect the Philips EnergyUp. They must therefore not be used in close proximity to the EnergyUp. If this cannot be avoided, the EnergyUp must be observed to verify normal operation. If abnormal performance (e.g. loss of functionality, light inconsistency, flicker) is observed, additional measures may be necessary, such as re-orientation of the radio frequency communication equipment or the EnergyUp.

General

The adapter is equipped with an automatic voltage selector and is suitable for mains voltages ranging from 100 to 240 Vac, 50-60 Hz.

Using the EnergyUp

When to use the EnergyLight

Knowing at what time to use the Philips EnergyUp is essential. It may mean the difference between feeling better in a few days instead of weeks and between experiencing benefits or experiencing none. Follow these guidelines to understand how light affects us and when to use the Philips EnergyUp for the best results.

Duration

Most people experience benefits if they use the appliance 20 to 30 minutes each day. It is safe to use the Philips EnergyUp longer, provided you do so at the correct time of day. You may notice some energising effects of light immediately. Other effects become noticeable after several days of regular use.

Indoor life and energy dips

If you spend a lot of time indoors with little daylight and artificial light, you can experience the energising effects of the Philips EnergyUp very quickly after you switch it on. You can also use the appliance as an extra source of light throughout the day (but not in the evening or at night) to compensate for the lack of natural daylight.
Many people experience a natural dip in the afternoon. The Philips EnergyUp can help you counteract this dip.

Winter blues

If you experience lower energy levels, an increased need for sleep, and a lower mood in the dark season compared to spring and summer, use the energy light for 20-30 minutes a day. Preferably use it in the morning to help you start the day. You may also use it later during the day, but do not use it in the last few hours before bedtime. If you do, the light could delay your sleep and make you even less energetic the next day.

Winter depression

If your seasonal mood swings are more severe and you suffer from depression, consult a therapist and only use light therapy under supervision. Your therapist may prescribe 30 minutes of treatment per day at level 1 or 2 over several weeks.

Sleep patterns

- Morning persons tend to wake up early in the morning and usually find it difficult to stay awake in the evening. If you want to get more out of your evening, avoid bright light directly after waking up and use the Philips EnergyUp in the evening close to bedtime.
- Evening persons find it difficult to get up in the morning and are full of energy in the evening. If this applies to you, you need morning light. Use the Philips EnergyUp within the first 1-2 hours after you get out of bed. Avoid bright light in the last 4 hours before bedtime. Daily use of the Philips EnergyUp in the morning may help you establish a regular sleep pattern that allows you to function better in the morning.

Note: If your desired wake-up time is less than six hours after your normal bedtime, do not use the Philips EnergyUp immediately after you wake up. This could give your body a signal that is opposite to the one intended.

Recommended times to use the Philips EnergyUp

Time to use EnergyUp >>	Morning	Lunchtime	Afternoon	Evening
Energy need ▼				
Lack of daylight indoors	+++	+++	+++	---
Morning person	---	+	++	+++
Evening person	+++	++	+	---
Afternoon energy dip	+	+++	+++	---
Winter blues	+++	+	+	---

- The more pluses (+++) there are in a column, the more suitable the time.
- --- means: do not use the appliance at this time.

Jet lag

Rapidly travelling across several time zones puts your internal body clock out of sync with the new external time. This not only causes sleeping problems, but also influences your mood and energy level. If you stay for more than a few days in the other time zone, you may want to shift your body clock to the new time zone. This will help you sleep better and be more alert and energetic when you need to. One of the best strategies to deal with jet lag is to start shifting your body clock and sleep times several days before you leave.

Travelling east

When you travel east , you have to advance your sleep time by a number of hours that equals the time zones you cross. You can shift your body clock forwards in steps of one hour a day. The number of time zones you cross determines how many days before departure you have to start using the Philips EnergyUp. Use the appliance for 30 minutes after you wake up. Avoid bright light in the evening and go to bed early. When you arrive at your destination, avoid bright light during your normal sleep period. Expose yourself to bright light at the end of this period to advance your body clock further to the local time.
Before your return flight, use the Philips EnergyUp late in the evening for a couple of days.
On the last night of the trip, try to stay up and use the appliance as late as possible after midnight.
On the day of the flight, avoid any bright light in the morning.

Travelling west

Since most people's body clocks adjust more easily to later time zones, you only have to use the Philips EnergyUp for one day before you travel across four time zones. Add an additional preparation day for each three additional time zones. You do not have to use the Philips EnergyUp for more than three days, even on longer westbound trips. Use the appliance for 30–40 minutes late in the evening. Start two or three days before you leave. Use the appliance two hours later the following nights.
When you arrive at your destination, try to stay awake until bedtime and avoid bright evening light (wear sunglasses) for the first few days. Before you travel home, avoid any bright afternoon and evening light. Use the Philips EnergyUp in the morning for a few days.

Light intensity

Use the Philips EnergyUp in addition to the normal room lighting. The Philips EnergyUp is more comfortable to use in a well-lit room. Adjust the brightness to a comfortable level. Allow a few minutes for your eyes to get used to the bright light. If the highest setting is too bright for you, start using the appliance at a lower setting. Increase the light intensity if you feel no effect after a week.

How to use the appliance

1 Insert the small plug in the socket on the back of the appliance (Fig. 2).

2 **Fold out the stand. To ensure the light reaches your eyes, this appliance has a stand that can be set to a variable angle.**
- If you are sitting higher or standing and the top edge of the appliance is below eye level, place the appliance in a tilted position so that its light points further upwards and reaches your eyes (Fig. 3).
- If you are sitting at a table or desk and the top edge of the appliance is above eye level, you can place the appliance in a more upright position (Fig. 4).
- You can also use the stand to hang the appliance on the wall (Fig. 5).

Note: To hang the appliance on a wall, drill two holes 100-120mm apart and insert two hooks with a diameter of 4mm (Fig. 6).

3 Insert the adapter in a wall socket (Fig. 7)

4 **Make sure that the appliance is positioned at arm's length (at approximately 50-75cm from your eyes) within your field of vision. The light must bathe your face (Fig. 8).**
- You can read, eat, work at the computer, watch TV or exercise while you use the appliance.
- For the best results, place the appliance at the same level as your midriff (stomach area), e.g. place it on the table at which you are sitting.
- Make sure that the surroundings of the appliance are well-lit for more visual comfort.

Note: Do not stare into the light of the appliance. It is sufficient that the bright light reaches your eyes indirectly.

5 Press the on/off button briefly to switch on the appliance (Fig. 9).
- For the best result, use the highest light setting that is comfortable to your eyes.
- The next time you switch on the appliance, the light comes on at the last used setting. You can choose five settings.

6 To choose a lower setting, touch the - button briefly (Fig. 10).

7 To choose a higher setting, touch the + button briefly (Fig. 11).

8 The timer indicates the time elapsed from the moment you switch on the appliance. The first segment of the time indicator flashes during the first 10 minutes of the treatment (Fig. 12).
- After 10 minutes, the first segment lights up solid and the second segment starts flashing (Fig. 13).
- After 10 more minutes, the second segment lights up solid and the third segment starts flashing.
- This process continues, until all segments of the time indicator bar light up solid after 1 hour (Fig. 14).

Note: If you want to switch off the appliance, press the on/off button briefly.

Cleaning and storage

Never immerse the appliance in water or any other liquid, nor rinse it under the tap.

Never use scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the appliance.

1 Clean the appliance with a dry cloth (Fig. 15).

2 Store the appliance in a safe and dry place.

Frequently asked questions

This chapter lists the questions most frequently asked about the appliance. If you cannot find the answer to your question, visit www.philips.com/support for more frequently asked questions or contact the Consumer Care Centre in your country.

Question	Answer
I have heard that LED light can be dangerous. Can this appliance damage my eyes?	Philips EnergyUp complies with the photobiological safety standard IEC62471-1-1. According to this standard, the appliance represents no risk to healthy eyes and can be safely used.
Can I get sunburn from using this appliance?	No, sunburn is caused by UV light. The light produced by this appliance does not contain UV.
Is the Philips EnergyUp safe to use around children and pets?	The light is safe to be used around children and pets. However, do not let children play with the appliance.
Can I use the Philips EnergyUp when I am pregnant?	Yes, there are no known side effect from using the Philips EnergyUp during pregnancy.
Do I have to take off my glasses when I use the appliance?	No, you can use the appliance with your glasses on. Do not wear tinted glasses or sunglasses when you use the appliance, as these glasses reduce its effectiveness.

Question	Answer
How often do I have to use the EnergyUp?	Use the Philips EnergyUp every day at the right time to achieve the result you want. For more information on the duration of a session, read chapter 'Using the EnergyUp'. Except when you try to adjust your sleep time, we advise you to use the EnergyUp at the same time every day. It is usually sufficient to use it 20 to 30 minutes a day. It is absolutely safe to use it longer, if you want to.
When do I start to notice improvement from using the Philips EnergyUp?	You may start to feel the energising effect any time between first use and 1 to 2 weeks of daily use.
Do I have to sit close to the appliance to notice its effect?	No, we advise you to place the appliance at arm's length. If you use the appliance at a distance of 50-75cm, you can expect the full benefit of its bright light.
Is it harmful to sit in front of a switched-on EnergyUp for a long time?	No, the Philips EnergyUp is absolutely safe, also when you use it throughout the day. However, avoid using the light in the last 4 hours before you go to bed, as the energising effect of the light may interfere with your sleep.
Can the lamp of the EnergyUp be replaced?	No, the Philips EnergyUp has a durable LED lamp that lasts many years.

Ordering accessories

To buy accessories or spare parts, visit **www.shop.philips.com/service** or go to your Philips dealer. You can also contact the Philips Consumer Care Centre in your country (see the worldwide guarantee leaflet for contact details).

Accessories

The following accessories are available:

- adapter HF24 EU: service code 4222.036.2479.1
- adapter HF24 UK: service code 4222.036.2480.1

Guarantee and support

If you need information or support, please visit the Philips website at **www.philips.com/support** or read the separate worldwide guarantee leaflet.

Recycling

- This symbol on a product means that the product is covered by European Directive 2012/19/EU. Inform yourself about the local separate collection system for electrical and electronic products. Follow local rules and never dispose of the product with normal household waste. Correct disposal of old products helps prevent negative consequences for the environment and human health (Fig. 16).

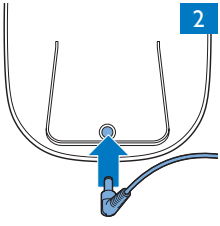
Specifications

Model	HF3419
Electrical	
Rated input voltage adapter	100-240 VAC
Rated input frequency adapter	50-60 Hz
No-load power adapter	<0.1 W
Rated output voltage adapter	24 Vdc
Rated output power adapter	24 W
Standby power appliance	<0.25 W
Classifications	
- Medical device classification	IIa
- Insulation class adapter	II
- Ingress of an object and water	IP31
- Mode of operation	Continuous
Operating conditions	
Temperature	from 5°C to +35°C
Relative humidity	from 15% to 90% (no condensation)
Storage conditions	
Temperature	from -20°C to +50°C
Relative humidity	from 15% to 90% (no condensation)
Physical characteristics	
Dimensions	38 x 30 x 4cm
Weight	2kg
Colour temperature	4000-5000K
Colour rendering index	>70
Nominal output at 17.5 (50) cm (100% intensity)	29 (8) W/m^2; 10.000 (2750) Lux
Maximum output at 17.5 cm	34.8 W/m^2; 12.000 lux
Variation in treatment area at 17.5 cm	+/- 4%
Expected service life	
Expected service life	7 years

Symbol key

The following symbols may appear on the appliance:

Symbol	Description
	Consult the user manual supplied
	DC power
	DC jack polarity
	Indoor use only
IP51	Degree of protection against liquid and particles.
HF3419	Model number
	KEMA approval logo
CE 0344	CE stands for European Declaration of Conformity. The code 0344 indicates that the notified body is DEKRA.
	Compliant with the Waste Electrical and Electronic Equipment/Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment (WEEE) recycling directives.
	Philips Shield
	Manufactured for: Philips Consumer Lifestyle B.V, Tussendiepen 4, 9206 AD Drachten, Netherlands. Fax: +31 (0)512594316
	Date code and serial number of this appliance
	On/off button
	Decreasing light intensity button
	Increasing light intensity button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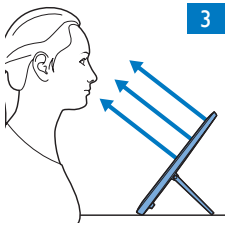
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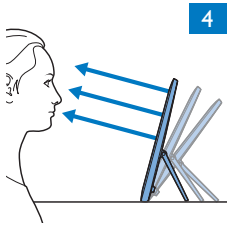
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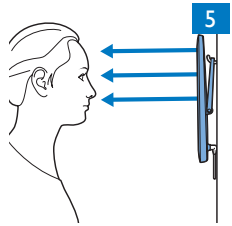
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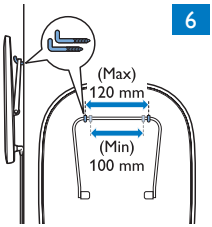
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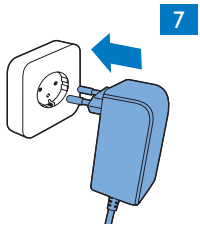
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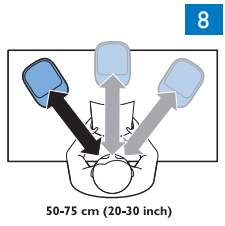
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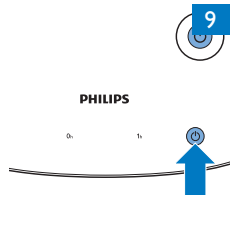
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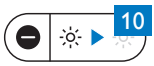
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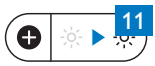
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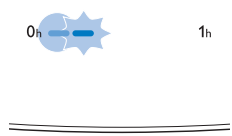
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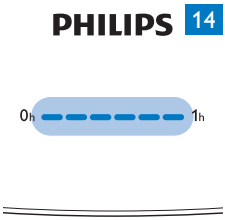
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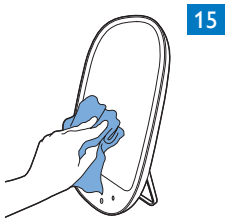
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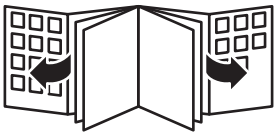

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